

# Clubhouse Tulsa Gazette



VOL 31, ISSUE 1

JANUARY/FEBRUARY 2026



*New Year,  
Fresh Start*

# *The Gazette*

is a monthly  
publication of

## **Clubhouse Tulsa**



***A community of peer  
support for adults with a  
mental health diagnosis***

925 S Yale Ave  
Tulsa, OK 74112

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clubhousetulsa.org

Monday - Friday  
9:30am - 3:30pm



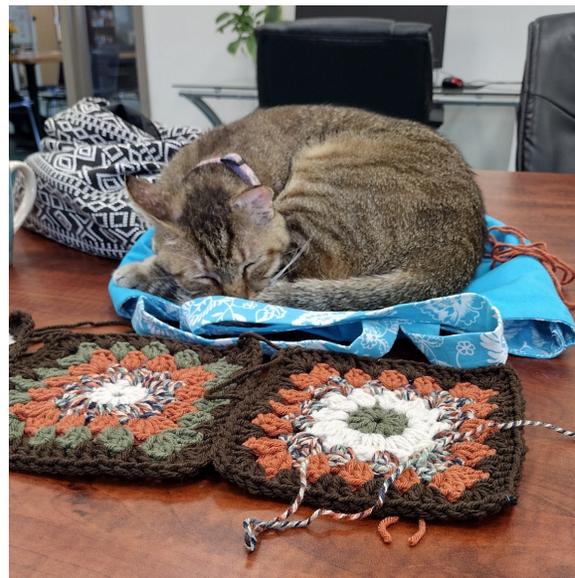
## **January/February 2026**

### **Contributors**

Andrea, Donita, Laurie A., Liam,  
Lotus, Karin, Rikki

## **January/February Birthdays**

Vini N. (Jan. 1)  
William L. (Jan. 11)  
Stacy W. (Jan. 11)  
Emmy H. (Jan. 13)  
Michael O. (Jan.22)



## **Happy Hibernation**

## *New Year, New Gazette!*



Clubhouse Tulsa is happy to present you with a new issue of the *Gazette* after taking short hiatus. The past several months at the Clubhouse have been a busy time filled with many changes. As we look forward to a new year, we are grateful to our members, staff, board members, and friends in the Tulsa community and beyond. Thank you for all the support you have shown us in 2025, and here's to a wonderful 2026!

## **Meet Lotus, A New Member**

**By Donita**

Lotus is from Newport News, VA. They have lived in a lot of different places, including South Korea, the United Kingdom, Georgia, New York, New Jersey, and Arizona. Their therapist told them about the Clubhouse so they could get out more and socialize with others.

Lotus is a good cook and is interested in doing work in the kitchen. They like to draw, paint, do pottery, and spend time in nature. They love studying astrology and are fascinated by the planets in the sky. In their free time they also enjoy reading, watching

television, and spending time with their dog. Like many of us at the Clubhouse, they like cats and Quincy the cat loves them.

Since coming to the Clubhouse, Lotus has enjoyed being here with us. They seem to be a very friendly person. Welcome to Clubhouse Tulsa, Lotus! We are glad to have you here!

## **Farewell, Thomas**

**Article by Rikki. Photo by Laurie A.**

We are sad to announce that Thomas, our Transportation Coordinator, passed away recently due to a sudden illness. Thomas began driving the van for the Clubhouse in October of last year. Although he was only with the Clubhouse for a short time, he settled into the community quickly. He was appreciated by all for his professionalism, kind demeanor, and interesting stories. Thomas served in the US Navy and had several years of experience working with nonprofits, including as a driver for Family and Children's Services. We will miss Thomas and we send our condolences to his family.



### Our Training Session in St. Louis

By Rikki and Karin

**Rikki:** In November 2025, Karin and I attended training at Independence Center, a large Clubhouse in St. Louis that serves as one of several training bases for other Clubhouses around the world. The International Center for Clubhouse Development (ICCD) requires us to periodically send representatives to these trainings to learn more about the Clubhouse Model and share ideas and experiences with one another.

I really enjoyed going to the training. We were part of a group with three other Clubhouses located in Michigan, Seattle, and Spokane. We stayed at a hotel across the street from Independence Center and walked there each day. We spent some time working with Independence Center's members and staff in the various work units, toured their employment and housing sites, met with their leadership and development teams, and had daily readings and afternoon discussions with our training group. At the end of the training, each Clubhouse presented an Action Plan, which included a few goals for us to work on when we returned home.

Although the training schedule was pretty full, we still had some time to see the sights. Our hosts took us to the Gateway Arch and the St. Louis Art Museum, and Karin and I spent some time with the rest of our group outside of the training day. We had a lot of fun and learned a lot, but we were happy to come back home.

**Karin:** I was very excited to be asked to attend the Clubhouse training in Missouri, at the Independence Center. The training was for two weeks, Monday through Friday. Rikki and I drove from Oklahoma to Missouri. We had beautiful weather.

Rikki and I had a wonderful class. Everyone in the class got along very well. Oklahoma presented with one member and one staff, Michigan presented with three staff and one member. Spokane, WA presented with two staff and one member and Seattle, WA presented with two staff and one member.

Homework was assigned every day. In class, we would discuss the readings from the night before, in depth. The class reviewed the Clubhouse International Standards and how the Standards relate to our daily activities and our homework assignments.

The training team told us we were a great class. We were prompt, we did our assignments, we asked questions, we had in depth conversations, and we all felt like we belonged. A very nice learning experience.



**Top Photo:** Karin stands outside the Gateway Arch;  
**Bottom Photo:** Karin and Rikki work with Independence Center colleagues

## January Program Meeting

By Rikki

*On the first Friday of every month, we have a Program Meeting where we make announcements and discuss updates to Clubhouse programs. Here are the major topics discussed at January's meeting:*

- The Clubhouse has developed a **Welcoming Committee** to facilitate the on-boarding of new Clubhouse members. This will help the member orientation process operate more smoothly and ensure that members feel welcomed and informed during their first month. The Welcoming Committee will meet every Tuesday morning at 10:30am. Anyone from the Clubhouse is welcome to participate! We will be scheduling new member orientations on Tuesday afternoons.
- Beginning in February we will start having **Wellness Wednesdays** every Wednesday at 10:30. Each week we will rotate different topics and facilitators. The list of Wellness Wednesday topics includes Chair Yoga, Art Wellness, Garden Club, and Wellness Hour discussions. Check the calendar each month to see which date each activity is planned!
- Karin and Rikki presented the **Action Plans** that they created at the ICCD training. The first goal on the Action Plan was to develop a Welcoming Committee and formalize the member orientation process. That goal is already complete! The second goal is to schedule and plan a small member retreat where staff and members can spend a few hours updating our job boards and adding tasks to the work-ordered day. We will be planning the retreat to be held sometime around March. Stay tuned for more details.

## Holiday Season Wrap-Up

We had a very festive holiday season at the Clubhouse! Here are some highlights:

- The Clubhouse served a great meal on Thanksgiving Day, thanks to everyone who donated items and the wonderful cooks who prepared the food. 25 members, staff, and loved ones were in attendance.
- The Fun Fund hosted its first Holiday Bazaar, featuring gifts and craft items created by members.
- In mid December we had a holiday spirit week with a variety of festive activities, including ornament decorating, pajama day, holiday sweater day, and Bingo hosted by Derrick.
- We had our holiday party on December 24th.
- We celebrated New Year's Eve together on December 31<sup>st</sup>.



**Photo: Laurie A., Tom, and Donita attended the annual holiday party hosted by our friends at NAMI-Tulsa.**

## *Celebrating Friendship on Valentine's Day*

*By Liam*



The Oxford Dictionary defines friendship like so:

Noun

- *The emotions or conduct of friends; the state of being friends*
- *A relationship between friends*

But a dictionary can't truly define friendship as it means something different from person to person. Here are a few examples.

**“What does friendship mean to you?”**

**Emmy:** “To have friends that you are loyal to”

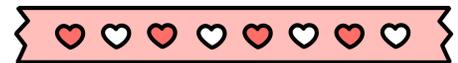
**Bill E.:** “Friendship is to support and believe in each other”

**Maggie:** “Friendship is love, trust, and respect. Friends love you for who you are and show up when you need them.”

**Rikki:** “Having somewhere to belong”

**Liam:** “Friendship is choosing your family.”

In summary, there is no one meaning of friendship. It means many different things to many different people.



# DONOR SPOTLIGHT

We would like to thank the following donors for their generous support of Clubhouse Tulsa:

BERNER FAMILY FUND, IN HONOR OF JOSEPH MAXWELL PARKER

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INGREDION

CORINNE AND JOHN DOLAN, IN HONOR OF BRENDAN DOLAN

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FRANCINE FISK AND SCOTT MCCLUNG

JEFF AND JILL JAMES GIVING FUND

MARY ELLEN JONES

WILFRED AND MILDRED THOMAN

WILLIAM FATER

SKYLAR BROWN

## CLUBHOUSE TULSA IS SEEKING NEW BOARD MEMBERS!

Clubhouse Tulsa is seeking multiple individuals to join our Board of Directors. Board members help steer the development of our organization and ensure that we adhere to our mission and ethical standards. A strong board is made up of community members with diverse backgrounds, talents, and experiences. Not sure if you would make a good board member? Here are some qualities that we're looking for:

- Board members are some of our most valuable community advocates. We are looking for individuals who are **passionate about improving community mental health** and are willing to communicate that mission.
- The Board is responsible for developing organizational policies and creating an annual budget. Those with **legal, financial, fundraising, or organizational management experience** are strongly encouraged to apply.
- Our Clubhouse assists our members with a variety of community needs, including **employment, education, housing, and wellness**. Board members with expertise or connections in any of these areas would be a benefit to the organization.

Board meetings are held monthly. If you would like to apply or get more information email us at [clubhouse@clubhousetulsa.org](mailto:clubhouse@clubhousetulsa.org).



**Wensdae Rhane**  
By Andrea



**Autumn Tree**  
By Andrea

**A Good Night**  
by Laurie A.

Don't need therapy to see this side of me  
She doesn't recognize these drugs you've handed me  
I can't wait to take off this mask  
That's the promise of the pill  
Who will remember the hidden little girl,  
found after all of these years? The one with long curly hair, singing ABC's.  
Come back to me.  
Be thankful for a future, they say, It's quiet there.  
But, what is quiet? Is it the brain washed in tears or the fog burned away by the light? No?  
It's never again losing sleep to the fear of internal screams and nightmare dreams,  
it's stopping  
the what ifs and if only's, it's looking forward, it's looking up,  
It's silent peace of mind

# FEBRUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	Media Club @10:30	Welcoming Committee @10:30	Meal Planning @1:30	Fun Fund @10:30 Job Hour @2:00	Program Meeting @1:30	
8	9	10	11	12	13	14
	Media Club @10:30	Welcoming Committee @10:30	Meal Planning @1:30	Fun Fund @10:30 Job Hour @2:00	Program Meeting @1:30	
15	16	17	18	19	20	21
	Media Club @10:30	Welcoming Committee @10:30	Meal Planning @1:30	Fun Fund @10:30 Job Hour @2:00	Social Planning @1:30	
22	23	24	25	26	27	28
	Media Club @10:30	Welcoming Committee @10:30	Meal Planning @1:30	Fun Fund @10:30 Job Hour @2:00	Monthly Social: Movies 12:00-3:00	



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